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Our planet is on pace to tie or break global heat mark, meteorologists say PAGE 12

What's cookin' in College Ward

Candidates each name a hot issue in their stomping grounds and dish on how to fix it PAGE 6

ONE-DISH WONDER

BAKED APPLE CHICKEN DOES DOUBLE-DUTY AS FANCY APP OR WEEKNIGHT GO-TO PAGE 20

THE BOBBY RYAN TRAP

A local statistician employing the latest deep analysis of the Ottawa Senators says they'll need to build offence from the centre and not around new star winger Bobby Ryan, seen here battling with Colorado Avalanche's Jamie McGinn. For more on how the analysis works, see page 8. JUSTIN TANG/THE CANADIAN PRESS

Capital Pride is going bankrupt

'Unsustainable.' Email says group in financial straits it can't fix

LUCY SCHOLEY
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The beleaguered Capital Pride organization has announced it will declare bankruptcy, following an investigation into "accounting irregularities" and allegations of cheques bouncing.

In an email from Capital Pride secretary Rob Swartz — forwarded to Metro from a third party — Swartz states that the organization "has found itself in a financial situation beyond its ability to alter or repair and is now forced to declare bankruptcy."

"The Board of Directors has been working very hard for the last two months to find a viable solution to enable Capital Pride to continue its operations for the sake of the Pride movement, the LGBTQ community and Ottawa residents, but with no success," the email reads. "Operations are now clearly unsustainable. "

Capital Pride Chair Jodie McNamara confirmed that the email is legitimate, but declined further comment.

Following the 29th annual Capital Pride Week festivities, several sponsors alleged that their cheques bounced, including the event's producer, Sebastien Provost.

Provost said a $23,700 cheque for alcohol bounced. Giselle Gardipy was the treasurer for the event, but Provost said she was unreachable after pride week's last day on Aug. 24.

Organizers said they were looking into "accounting irregularities" and claimed Provost overspent the budget.

Provost, who's also the founder of the House of SAS, said he stayed within budget and that he provided his services pro bono.

As for this latest news on bankruptcy, he would only say that he's "not surprised."

Guillaume Tassé supplied portable washrooms, lighting and sound systems, tents, fencing, chairs and other items. He said he's still waiting for $42,000 Capital Pride organizers owe him. A $10,000 deposit cheque bounced, he said.

"We didn't get any answer ... since the festival, about where the money went," he said. "According to them, they had one of the best years that they ever had."

Guy Hughes, a former Capital Pride board member who resigned in 2012, said the organization has "systemic flaws" when it comes to handling contracts. Capital Pride would sign contracts, but lack the personnel to fully review each one, he said.

"It's not completely done in," he said. "I don't see why another association couldn't come along and try to look after these issues."

The Capital Pride AGM will still be held on Nov. 5.

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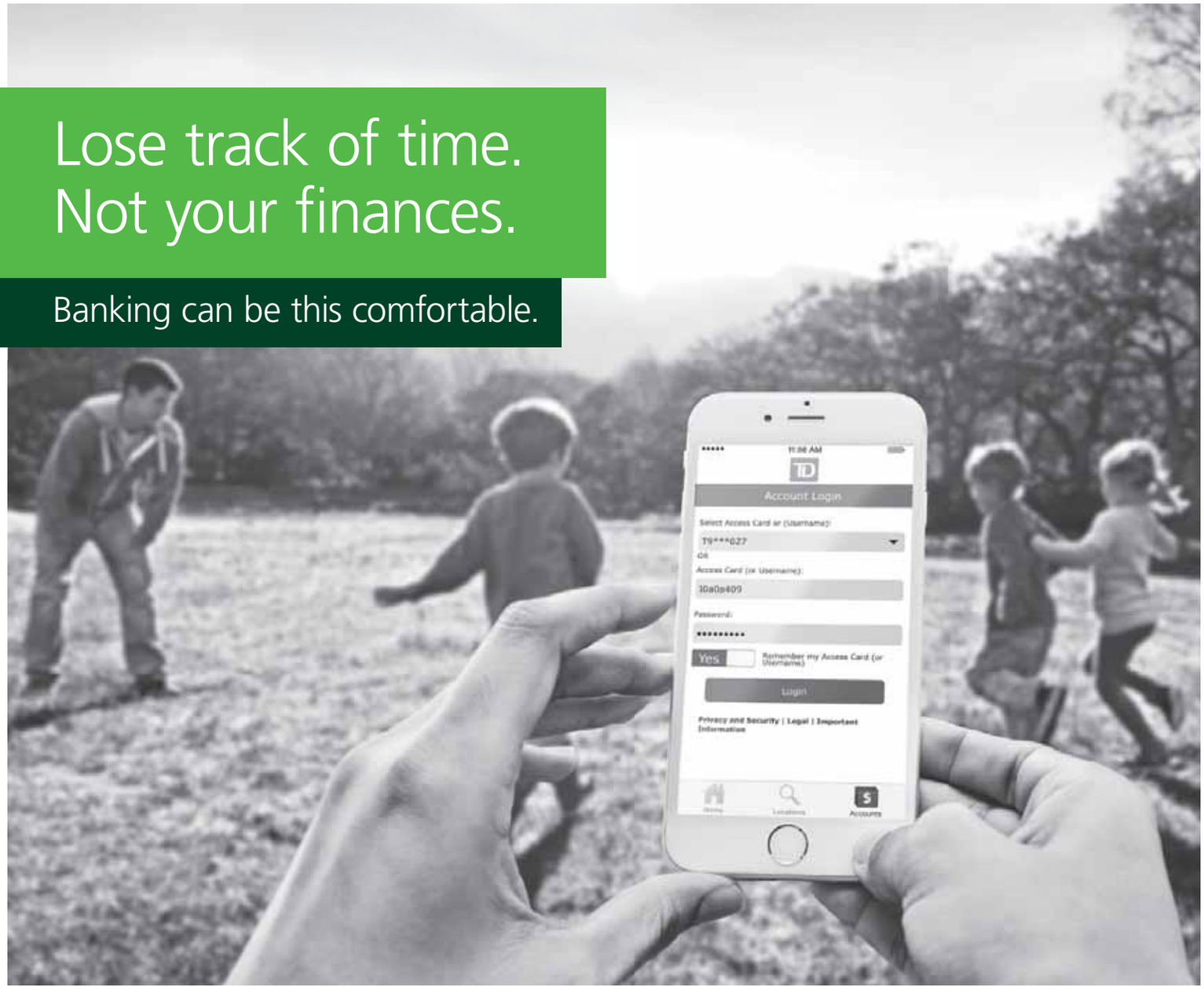

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Trial hears about foot mailed to PM's aide

Prime Minister Stephen Harper's deputy chief of staff testified at Luka Rocco Magnotta's first-degree murder trial on Monday about the day her office received a parcel containing the foot of victim Jun Lin.

Jenni Byrne was the Conservatives' director of political operations when a partially opened package arrived at party headquarters in Ottawa on May 29, 2012.

Byrne told the trial that her assistant brought her the parcel and she proceeded to open it completely, removing pink tissue paper and a black garbage bag before finding a black gift bag inside.

Byrne asked her assistant for scissors to open up the soft and mushy bag.

"We clipped the top off and there was a very, very bad smell," she testified.

"I knew that because of the nature of the smell, it seemed something that was rotting ... and I thought it should be brought to the attention of the police."

She told her aide to call 911 because "something was not right."

Byrne never saw what was in the package — a foot belonging to Lin, the 33-year-old Chinese engineering student Magnotta has admitted to killing.

Magnotta, 32, is charged with first-degree murder in Lin's slaying and dismemberment.

He has admitted to the physical acts he's accused of but has pleaded not guilty by way of mental disorder.

He faces four other charges: criminally harassing Harper and other members of Parliament; mailing obscene and indecent material; committing an indignity to a body; and publishing obscene materials.

THE CANADIAN PRESS

Animal rights

Group fails to present petition

Mercy For Animals representatives tried unsuccessfully to deliver a petition with more than 80,000 signatures to Minister of Agriculture Gerry Ritz Monday after the group found cruel conditions for animals being transported for slaughter. METRO

Trail maintenance

Snowshoe trails no longer free

Snowshoers on National Capital Commission trails this winter will pay a fee for the first time — $50 for an adult season pass or $7 for a day pass. JOE LOFARO/METRO

Harry Dick Road

Street sign a popular target

Killaloe OPP are investigating the theft of the Harry Dick Road street sign in Bonnechere Valley Township. They say the sign gets stolen frequently. METRO

Silence on gun report frustrating for police

Witnesses afraid to come forward: Rev.

Gunman reported chasing children in Ritchie Street area

JOE LOFARO
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Ottawa police say they are thoroughly investigating a report of a gunman chasing kids in the Ritchie Street area two weeks ago, but without the co-operation of witnesses and their parents, the case is at a bit of a standstill.

This comes after a pastor and neighbours raised concerns at a prayer walk in the area Sunday and called on police to do more about violent crime that plagues the area. Rev. Terry Orchard of the Britannia Baptist Church said some mothers fear going to police out of fear for personal safety for ratting someone out.

The fear creates a significant barrier for police, according to Staff. Sgt. Ken Bryden of the force's guns and gangs unit.

"I'll even go as far to say it's frustrating because to know that there's a ... person out there that has information that might help us continue the investigation ... if this alleged incident actually happened," said Bryden.

Ottawa police say they responded to the 100 block of Ritchie Street on Oct. 10 at approximately 3:30 p.m. after receiving a call about one white male and two black men in the community park.

Witness statements from two nine-year-old kids indicated one of the three men was carrying what appeared to be a rifle, Bryden said.

Orchard claimed Ottawa police are not taking the children's complaint seriously, but Bryden said the mothers who gave statements to police on Oct. 10 are not returning their calls, possibly out of fear.

An officer takes notes after a shooting on Ritchie Street in July in this file photo. JOE LOFARO/METRO

New cyber security program leads students straight to the job market

An untapped field?
Ottawa's Willis College says that employers are clamouring for security pros

JOE LOFARO
joe.lofaro@metronews.ca

Rima Aristocrat, President and CEO of Willis College, says the demand for network security is only growing. JOE LOFARO/METRO

Ottawa's Willis College marked what it called "Cyber Security Day" Monday, announcing a new program to train future leaders in the fight against Internet security threats.

The Advanced Network Security Professional Program is a 48-week program the college is launching in partnership with Fortinet, a California-based network security firm with offices in Ottawa and Burnaby, B.C.

University grads who complete the new program at the private career college will have the chance to work with Willis' job placement office to find private and public sector network security jobs.

Rima Aristocrat, president and CEO of the 119-year-old Willis College, said the demand for network security is growing with the rise of Internet hacking and cyber threats, such as phishing.

Celebrity's personal photos, government networks, and private companies' information on its customers are all targets these days for crafty hackers looking for a new challenge.

This summer, the RCMP charged a Quebec youth after user names, passwords, and credit card information belonging to small-business customers were posted online.

Last month, Home Depot said it was also the victim of a sophisticated hack that compromised the payment card information of 56 million customers in the United States and Canada.

"There is a tremendous shortage of cyber-security professionals and we are bridging the skills gap and creating the jobs right in Ottawa," said Aristocrat.

She said firms are clamouring for graduates and that Bell Canada has expressed interest.

The college's existing network security program for high school graduates has matched 50 students with jobs at Fortinet over the past three years, she said.

"They graduated Friday. Monday, they were already working," said Aristocrat. "I actually did not have enough students to provide them."

Quoted

"They graduated Friday. Monday, they were already working."

Rima Aristocrat, president and CEO of Willis College
on the success of past graduates

Trial begins for Kingston's former deputy fire chief in child pornography case

Kingston, Ont.'s former deputy fire chief, Robb Kidd, is led into Frontenac County courthouse in Kingston on Monday. A trial is underway for Kidd, who faces multiple charges in connection with a child pornography investigation. He has been in custody since last summer when he breached his bail conditions. Investigators have alleged that the charges relate to incidents spanning the last decade. Kidd was first charged in November 2012 with multiple counts of making and possessing child porn, child exploitation, invitation to sexual touching and voyeurism. A few months later, Kingston police announced more charges after additional victims came forward. Police say the investigation involves 18 victims. LARS HAGBERG/THE CANADIAN PRESS

Canada should transfer Ebola vaccine licence to bigger company, prof argues

'Bad marriage'.
U.S. firm not big enough to develop and distribute Canadian drug, says University of Ottawa professor

A University of Ottawa law professor is urging the federal government to terminate an American company's licence for a Canadian-made Ebola vaccine.

The company, NewLink Genetics, doesn't have the capacity to develop the much-needed vaccine, argues Amir Attaran, a professor of law and population health at the University of Ottawa.

"The mistake Canada has made has been to keep this bad marriage with NewLink and try to make it better. Canada should either be terminating the licence agreement outright or simply issuing another licence on non-commercial terms to someone else," Attaran said. "Either of those would work. Neither of them have been done. And that's absolutely shameful."

VSV-EBOV

The vaccine, known as VSV-EBOV, was designed by scientists at the National Microbiology Laboratory in Winnipeg. It was licensed to NewLink, of Ames, Iowa, in 2010. NewLink's chief focus is the development of cancer vaccines.

Brian Wiley, NewLink's vice president for business development, said in an email that the company would not comment on Attaran's suggestion.

But he did confirm that a deal announced Monday — with Genentech, a division of Swiss drugmaker Roche — does not involve the Ebola vaccine. The deal, which will pay NewLink $150 million US upfront and potentially more than $1 billion, is for a cancer therapy in early stage testing.

Attaran said he has written to federal Health Minister Rona Ambrose outlining why he believes Canada should strip NewLink of the vaccine licence. Her department's press office did not immediately respond on Monday to queries about Attaran's proposal.

Canada began shipping 800 vials of the vaccine to Geneva on Monday, having donated the vaccine to the World Health Organization. The donated vaccine will be used in clinical trials aimed at determining whether it is safe to use in people and what an effective dose is.

Many involved in charting the Ebola response believe an effective vaccine will be needed to bring the epidemic under control. The first human clinical trial of the VSV-EBOV vaccine began last week in Bethesda, Md. THE CANADIAN PRESS
WITH FILES FROM THE ASSOCIATED PRESS

Amir Attaran, a professor of law and population health at the University of Ottawa, is seen at a Parliament Hill news conference in this file photo. THE CANADIAN PRESS FILE

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What's on College Ward candidates' minds?

THREE CONTENDERS ARE SQUARING OFF AGAINST INCUMBENT RICK CHIARELLI FOR HIS COLLEGE WARD SEAT. METRO ASKED CHIARELLI AND HIS OPPONENTS GUY ANNABLE, CRAIG MACAULAY AND SCOTT ANDREW MCLARENS: WHAT DO YOU THINK IS THE TOP ISSUE FOR YOUR WARD? IF ELECTED, WHAT WILL YOU DO TO ADDRESS THIS ISSUE? THESE ANSWERS HAVE BEEN EDITED FOR LENGTH AND CLARITY.

LUCY SCHOLEY
lucy.scholey@metronews.ca

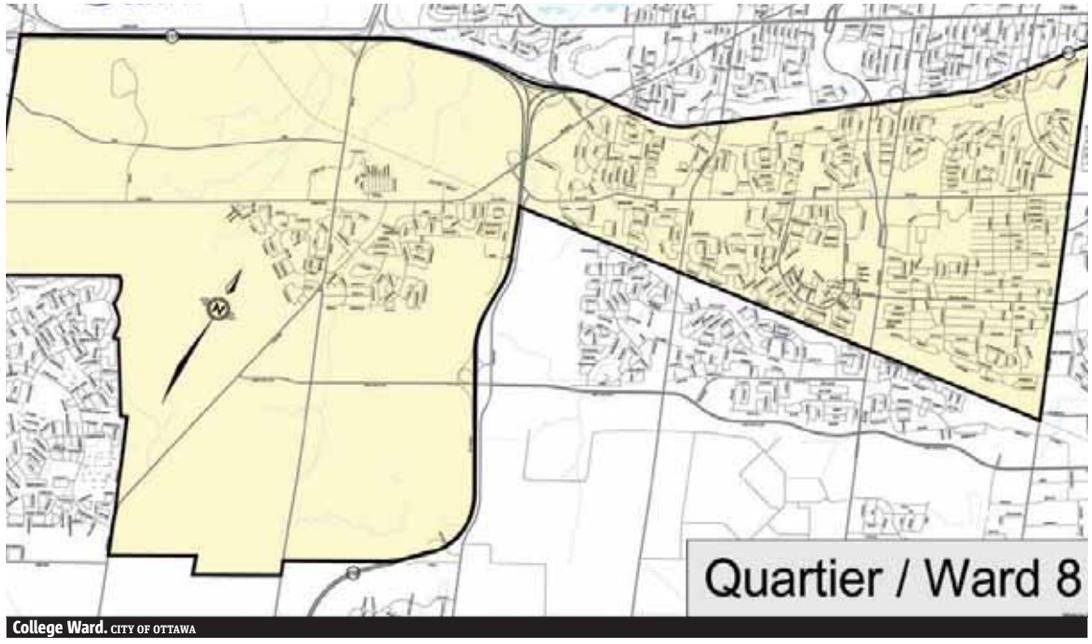
1 Rick Chiarelli

Illegal rooming houses and conversions (are an issue). College Ward must not become the next Sandy Hill. With Algonquin College's enrolment doubling, I visited many of the other Ontario municipalities coping with similar challenges and found solutions. Over six years we have:

• Won changes to the Rooming House Bylaw blocking physical conversions of homes into mini-apartments.

• Changed the noise bylaw that enabled charges against those hosting wild parties without having to identify who made the noise.

• Got council to investigate tools used in other cities to ensure in future we will protect property rights of homeowners who have invested hundreds of thousands of dollars into their homes and in protecting the character of their communities.



College Ward. CITY OF OTTAWA

2 Guy Annable

The two biggest short-term goals I have are solving the affordable student-housing problem in the Algonquin College area.

I solve problems with partners and do not feel any bylaw will actually solve the situation.

The second most pressing issue is planning for the arrival of DND in four years at the former Nortel campus at Moodie Drive in Bells Corners.

We need commuter rail to be planned and executed for this time frame. Currently there is no plan for Bells Corners.

3 Craig MacAulay

The main issue in College Ward is the need for democratic reform at Ottawa City Hall. We'll never realize our potential as a city without fair elections:

1) Politicians should *not* be allowed to finance their campaigns with cash from corporations, unions and special interests

2) Politicians should *not* campaign or reward their friends with taxpayer funds

3) A small simple change that would make Ottawa's elections fair and friendly: Ranked Choice Voting (ottawa123.ca)

To effect democratic reform in College Ward, we need to make our community associations — the bottom rung of the democratic ladder — transparent and accountable. If elected, I will set the example by turning down *all* salary and perks and then I will consult *everyone* in College Ward as to how to use the funds.

4 Scott Andrew McLarens

Our top issue is, to my mind, transit. The poor service which OC Transpo gives College Ward is strangling businesses and growth as well as pushing young people out of the area and causing daily gripes among the users.

Moreover, under the current plan it will be many years and many millions of dollars before Light Rail Transit (LRT) has any positive impact on the people of College Ward.

While I see no way to get around the current rail plan (and am in favour of rail transit as a concept), I will, if elected, argue for the fair redistribution of resources which are left unused after the LRT makes them superfluous and make sure that College Ward transit is improved for all riders.

Voting Day

Voting places to open on Monday, Oct. 27, at 10 a.m. and close at 8 p.m. with the exception of institutions and retirement homes that may have reduced opening hours.

Somerset candidate wants to be sports commissioner

When Conor Meade got wind that Ottawa Mayor Jim Watson is pushing for an NHL Winter Classic game to be played at TD Place, the 10-year-old hockey fan inside him rose up.

The Somerset Ward candidate wants to be the guy who brings events like that to Ottawa and if Watson makes good on his pledge to appoint a councillor as the city's sports commissioner, Meade wants to be the appointee.

"I have always loved sports," says Meade, who played intercollegiate rugby at both Simon Fraser and Guelph universities.

The executive board member of the Jack Purcell Recreation Association grew up playing hockey, basketball and volleyball and co-founded the Bytown Squash Club.

He sees opportunities for the city to land big-time sporting events as Canada approaches its approach 150th birthday in 2017.

"I think that Ottawa has the potential to be a world-class city and a world-class destination for tourists," said Meade. "With a little bit of push, we can really get people to recognize that."

At a campaign event in mid-September, Watson announced the creation of a sports commissioner if he is re-elected.

Watson met with National Hockey League commissioner Gary Bettman about an outdoor Heritage Classic game in 2017, but the NHL has not made a commitment.

It was widely rumoured Rideau-Vanier councillor Mathieu Fleury would likely fill the role, but Fleury, who helped launch the Ottawa Sports Council last year, says he would rather focus on sports at the local level than on the world stage.

"I am more interested in making sure kids can play sports and ensuring there are no barriers for kids and sport in our community," Fleury told Metro.

"I am dedicated to my community and want to make sure they always have access to recreation programs in the city."

Meade, who has been using dating app Tinder to reach "several thousand" potential young voters, says he supports biweekly garbage pickup, but wants the program to be reviewed for better implementation.

TREVOR GREENWAY/METRO

Quoted

"I think that Ottawa has the potential to be a world-class city and a world-class destination for tourists ... With a little bit of push, we can really get people to recognize that."

Conor Meade, candidate for Somerset Ward, talks about the potential for Ottawa to land large sporting events as Canada's 150th birthday approaches in 2017.

Somerset Ward

Meade will be in a tough battle for Somerset, as 10 others candidates are vying for the seat that incumbent Diane Holmes has left vacant.

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No playoffs if Senators build offence around Ryan: Analyst

Forecast. Good goaltending, offensive defencemen and strong centres key to success, says Marc Appleby

TREVOR GREENWAY
trevor.greenway@metronews.ca

An advanced hockey statistician is predicting that the Ottawa Senators will finish the season with 86 points, just shy of a trip to the NHL playoffs.

And the problem, according to PowerScout Hockey president and senior analyst Marc Appleby, is that the Senators are building the team around the wrong player: Bobby Ryan.

"One of the biggest challenges with the Senators is if they try to build the offence through Bobby Ryan on the wing, it will be problematic for long-term success," said Appleby.

He says his advanced stat-based research, which analyzes 14,000 NHL hockey games dating back to 1997, suggests that wingers don't have as much of an impact on a hockey game as centres or offensive defencemen do.

"A lot of teams think that having a scoring winger is the same as having a scoring centre and it's not. You really want strength down the middle," said Appleby.

By the numbers

Senators prediction by PowerScout Hockey:

- Non-loss points: 77
- Shootout Losses: 9
- Points: 86
- Playoffs: No

"Look at teams that have tried to build through the wing and not have a lot of success like Toronto, like Washington with (Alex) Ovechkin, like Calgary with (Jarome) Iginla. The teams that try to throw the puck to the outside all the time to feed their superstar player on the wing generally have a harder time."

Appleby's research looks at 14 different skills from goals and assists to penalty minutes and puck possession, recorded from every single NHL game dating back to 1997. The data, which has been used by several NHL teams, analyzes patterns from both winning and losing teams and the Senators don't seem to have the winning recipe this year.

His data suggests that the most important player on a hockey team is its goalie, ahead of an offensive defenceman and a shooting centreman.

With the goaltending duo of Craig Anderson and Robin Lehner being "above average" and Eric Karlsson being arguably the league's best offensive defenceman, the team's back end is solid. The question is whether Kyle Turris can become the No. 1 centre he needs to be with Jason Spezza gone.

"Are they going to generate offence from the wing position or through centre?" asked Appleby.

"They look weak at centre and stronger at wing with a tendency to try to maybe move the offence to Bobby Ryan potentially."

A good first start to the season (4-1-0) will give the Sens some room for small mistakes, says Appleby, but he doesn't expect the team to make the post-season.

PowerScout Hockey president Marc Appleby says research suggests the Ottawa Senators will finish this season with 86 points and will just miss the playoffs. TREVOR GREENWAY/METRO

The Trews going strong a decade on

The Trews did not have big plans beyond filling small bars and legions in Antigonish, N.S.

But 10 years later, the East Coast-born band has played more than 1,000 shows and been featured alongside the Rolling Stones, the Tragically Hip and Guns N' Roses.

"I don't know if we'd ever imagined we'd be recording artists for 10 years," said guitarist John-Angus MacDonald while on the road to Burnstown, Ont. "It just sort of crept up on us."

The now Toronto-based alt-rock band is on tour promoting its latest crowd-funded, self-named album. Rock venues and seated acoustic shows are among the coast-to-coast stops, and the sets are heavily weighed toward the new album.

The tour is dubbed "Rise in the Wake," after the band's current single.

"We try not to rest too much on our laurels and what we've done in the past and we try to push forward with every album cycle," said MacDonald. "That goes from the material we write to how we approach playing live and the shows we put on. We try to keep the ball moving forward with every record rather than, you know, repeating ourselves too much."

Although open to taking risks — like straying from a "one-dimensional rock" sound to a more acoustic vibe — MacDonald admits the band was hesitant about crowdfunding its latest album through PledgeMusic. But he says it's the way forward for the struggling music industry — and it gave The Trews freedom to engage with fans throughout the recording process, by inviting donors to hang out in the studio or sing along on the tracks.

"We were able to give back to fans in ways that we wouldn't have been able to under previous record contracts, and allow them sort of upfront close-and-personal access to the entire process," he said.

The Trews play Mavericks on Oct. 23.

LUCY SCHOLEY/METRO

Toronto-based alt-rock band The Trews did not expect to be recording 10 years after they formed in Antigonish, N.S. COURTESY DAVID BASTEDO

Deported Nazis collected U.S. Social Security

Henchmen. Nazis collected millions in U.S. retirement funds; the few survivors get up to $1,500 monthly

Dozens of suspected Nazi war criminals and SS guards collected millions of dollars in U.S. Social Security benefits after being forced out of the United States, an Associated Press investigation has found.

The payments, underwritten by American taxpayers, flowed through a legal loophole that gave the U.S. Justice Department leverage to persuade Nazi suspects to leave the U.S. If they agreed to go, or simply fled before deportation, they could keep their Social Security, according to interviews and internal U.S. government records.

Among those receiving benefits were armed SS troops who guarded the network of Nazi camps where millions of Jews perished, a rocket scientist who used slave labourers to advance his research in the Third Reich, and a Nazi collaborator who engineered the arrest and execution of thousands of Jews in Poland.

There are at least four living beneficiaries. They include Martin Hartmann, a former SS guard at the Sachsenhausen camp in Germany, and Jakob Denzinger, who patrolled the grounds at the Auschwitz camp complex in Poland.

THE ASSOCIATED PRESS

Jakob Denzinger in his apartment in eastern Croatia in July. Denzinger is among the deported Nazis who have collected U.S. Social Security. THE ASSOCIATED PRESS

Nepal. Remaining hikers stranded by blizzards now safe; at least 39 died

Nepal wrapped up rescue operations in its northern mountains Monday, saying all the hikers believed to have been stranded on a trekking route by a series of deadly blizzards are now safe.

At least 39 people, including trekkers from Canada, India, Israel, Slovakia, Poland and Japan, died in the blizzards and avalanches that swept the Himalayas last week, battering the popular Annapurna trekking circuit. Nepalese officials said they rescued 407 people, 226 of them foreigners.

The last rescue helicopters hovered over the Mustang, Manang and Dolpa districts on Monday, said Yadav Koirala of Nepal's Disaster Management Division. All the casualties were in those three districts northwest of the capital, Kathmandu.

"We believe that all the trekkers and guides have been helped and as far as we know there are no more people stranded on the route," Koirala said, adding that some soldiers would remain camped out in the area.

Nepal

So far, 35 bodies have been identified.

- Snowstorms were whipped up by a cyclone that hit the Indian coast a few days earlier. Hikers were caught off-guard.

The bodies of 12 of these trekkers and guides were flown to Kathmandu on Monday and taken to the T.U. Teaching Hospital morgue for autopsies. Among them was the body of an Israeli woman whose body was recovered only on Sunday.

Sumomai Ghosh, a trekker from Kolkata, India, said they were separated by the storm while trekking last week and only found out today that two of their trekking partners were killed.

Ghosh and his friends took the body of one of them in a coffin from the hospital morgue to fly home later on Monday.

THE ASSOCIATED PRESS

Hong Kong

'External forces' involved in unrest: Leung Chun-ying

Hong Kong's leader has claimed that "external forces" are participating in student-led pro-democracy protests that have occupied parts of the financial capital for more than three weeks, but provided no evidence to back his accusation.

It was the first time Chief Executive Leung Chun-ying has alleged foreign involvement.

THE ASSOCIATED PRESS

Senate hearing

CSIS can't fully monitor radicals, senior official says

A senior Canadian Security Intelligence Service official says it would be foolhardy to claim CSIS has all the bases covered when it comes to monitoring radicalized Canadians who have returned home. Jeff Yaworski spoke to the Senate national security and defence committee.

Some Western nations fear that radicalized young people who travel overseas could come home with intent to do harm.

THE CANADIAN PRESS

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HBC HUDSON'S BAY COMPANY

Nigeria. 200 abducted schoolgirls may soon be released: Government

There is cautious optimism in Nigeria Monday over local reports that the more than 200 abducted Nigerian schoolgirls may soon be released soon as part of a ceasefire agreement with the country's Islamic rebels, Boko Haram.

However, Nigeria's federal government has not yet provided details on the terms of the truce that was announced on Friday by the military.

President Goodluck Jonathan's government is "inching closer to the release of the Chibok girls," government spokesman Mike Omeri said. THE ASSOCIATED PRESS

Release in 'hours or days'

The schoolgirls are "alive and well" and talks to free them will continue this week in Chad, said Omeri.

Killing of girlfriend

Pistorius to hear his fate Tuesday

Oscar Pistorius will finally learn his fate Tuesday when a judge is expected to announce the Olympic runner's sentence for killing girlfriend Reeva Steenkamp. He could be sentenced to years in prison, or to no jail time at all. THE ASSOCIATED PRESS

Indiana

Cops probe killings from 20 years ago

Police investigating the slayings of seven women whose bodies were found over the weekend in Indiana say the suspect has told them that he may have killed people going back 20 years. The suspect is identified as Darren Vann. THE ASSOCIATED PRESS

Nigeria now Ebola-free; 'spectacular success story'

Dr. Fadipe was infected with Ebola and survived. He stands in front of the amount of Oral Rehydration Solution he took. WHO/THE ASSOCIATED PRESS

Had 20 cases. Most populous African country defies the odds, receiving WHO praise; 9,000 people altogether have been infected in West Africa

The treatment was water laced with salt and sugar — gallons of the nasty-tasting stuff.

Doctors who survived Ebola in Nigeria credited heavy doses of fluids with saving their lives as the World Health Organization declared the country Ebola-free Monday, a rare victory in the battle against the disease that is ravaging West Africa.

In the end, Nigeria — the most populous country in Africa, with 160 million people — had just 20 cases, including eight deaths, a lower death rate than the 70 per cent seen elsewhere across the stricken region.

Officials are crediting strong tracking and isolation of people exposed to the virus, and aggressive rehydration of infected patients to counter the effects of vomiting, diarrhea and other symptoms.

Nigeria's containment of Ebola is a "spectacular success story," said Rui Gama Vaz, WHO director for Nigeria.

Survivor Dr. Adaora Igonoh said the treatment is not easy. It entails drinking, as she did, at least five litres of the solution every day for five or six days when you have mouth sores and a sore throat and feel depressed.

"You don't want to drink anything. You're too weak, and with the sore throat it's difficult to swallow, but you know when you have just vomited, you need it," she said. THE ASSOCIATED PRESS

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British Columbia

B.C. cop charged with murder in 2012 shooting

A British Columbia police officer has been charged with second-degree murder in the 2012 shooting death of a man in the Vancouver suburb of New Westminster.

Delta Police Department Const. Jordan MacWilliams was officially charged Monday morning, according to the Criminal Justice Branch.

The charge results from an on-duty incident Nov. 8, 2012, where police shot and killed Mehrdad Bayrami after an armed standoff on a paved pathway near the local Starlight Casino. **MATT KIELTYKA/METRO IN VANCOUVER**

'Very cool find'

Demolition crew unearths anchor

The discovery of an anchor in Halifax's dockyards believed to have belonged to Canada's first naval warship was an event so significant, navy officials abandoned all pomp and circumstance to show off the find.

"I have no prepared script. In fact, we're doing this a bit on the fly," said Rear-Admiral John Newton, commander of Maritime Forces Atlantic, on Monday. "We didn't think we could sit on this anchor, as it was buried for the last nearly 104 years."

Demolition crews unearthed the 900-kilogram, four-metre long anchor on Oct. 14. **RUTH DAVENPORT/METRO IN HALIFAX**

Tampered taters

Another needle found inside P.E.I. potato

The RCMP in Prince Edward Island say another potato with a sewing needle inside has been discovered in Atlantic Canada, bringing the total number of such cases to seven.

The Mounties say someone in Labrador City, N.L., found the tampered potato on Sunday. Police say the consumer bought a bag of potatoes containing the tampered vegetable two weeks ago, prior to a recall.

Investigators say all of the affected potatoes came from Linkletter Farms, based in Summerside, P.E.I. **THE CANADIAN PRESS**

Value Village pulls its 'sexy' Halloween costumes for kids

'It's sick.' Popular thrift store decides to remove some of its children's costumes after criticisms from a mother in Victoria

THANDI FLETCHER
Metro in Vancouver

Value Village will be pulling some children's Halloween costumes from store shelves after a B.C. mom complained the outfits were too sexy for kids.

The U.S.-based thrift store giant announced the move Monday after Victoria mom Raina Delisle wrote an online column, which sparked outrage on social media, about a recent experience at her local Value Village shopping for a firefighter costume for her four-year-old daughter.

"The girls' costume was skin tight, shiny black fabric and was paired with a fascinator instead of a helmet," Delisle told Metro. "It didn't even look like the real thing."

In contrast, Delisle said the boys' firefighter costume was more realistic, with a bright red jacket, yellow reflectors and a firefighter helmet.

Delisle said she was shocked by the stark difference between the two costumes, as well as many other costumes in the store that were highly sexualized and marketed to girls as young as 4.

"It's telling young girls that their bodies are more important than their brains, and that they need to be sexy to be successful," she said. "Boys and men could start to see them as objects and it feeds into the whole idea of objectifying women."

Delisle believes parents have a role to play in choosing costumes for their kids. She said she believes store also has a corporate responsibility.

"It's sick," she said. "These are not just costumes. This is a problem with society."

Victoria mom Raina Delisle was appalled to find a "sexy" firefighter costume for girls as young as 4 while shopping at her local Value Village.
COURTESY RAINA DELISLE

Diane Sowden, executive director of Children of the Street Society, a non-profit charity dedicated to preventing the sexual exploitation and trafficking of children, said skimpy Halloween costumes are becoming increasingly common for young children.

"It makes light of the issue of sexual exploitation of children and youth," she said. "We all know sex sells, but not on the backs of our children and our youth."

On Monday, Value Village spokeswoman Sara Gaugl said the company selects its Halloween inventory based on feedback and demand from shoppers, but that it would remove the costumes from its stores.

"We've taken the recent comments surrounding certain Halloween costumes sold in our stores very seriously, and as such, are removing this merchandise from our sales floors," Gaugl wrote in an email. "We apologize to those who were offended and as we move forward, we will evaluate all costumes and packaging keeping this specific customer feedback in mind."

Hit-and-run. Motorist who hit two Forces members dies of gunshot wounds

Quebec police say a motorist is dead from gunshot wounds and that he struck two members of the Canadian Forces with his car in an incident an MP cited in the Commons as a "possible terror attack."

Provincial police Lt. Michel Brunet told a news conference the man died a few hours after being shot in Saint-Jean-sur-Richelieu, southeast of Montreal.

Brunet said the 25-year-old was known to authorities.

Police say one of the two Canadian Forces members is in critical condition, while the other's injuries are less serious.

News of the incident surfaced in the Commons when Conservative MP Randy Hoback asked Prime Minister Stephen Harper to update the House about "unconfirmed reports of a possible terror attack" against two members of the Canadian Forces.

Harper said he was aware of the reports and called them "extremely troubling."

"First and foremost our thoughts and prayers are with the victims and their families; we're closely monitoring the situation and obviously we will make available all of the resources of the federal government," he told the House.

Provincial police spokesman Joyce Kemp said it was "really premature" to speculate on any possible motives.

"We've just started the investigation, so it will take a certain time before we can say it was something accidental or deliberate," Kemp said in an interview.

Provincial police spokesman Guy Lapointe said the shooting occurred after the man hit the two pedestrians in a parking lot and took off. That triggered a chase that ended with the man losing control and his car rolling over several times.

Security sources said the two Canadian Forces members were leaving the Integrated Personnel Support Unit in Saint-Jean. **THE CANADIAN PRESS**

Extremely troubled

"Our thoughts and prayers are with the victims and their families."

Canadian Prime Minister Stephen Harper, during a speech in the House of Commons following the hit and run attack on two Canadian Forces members.

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OXFAM Canada

This image, taken with a fisheye lens, shows beach-goers cooling off during the Southern California heat wave in September in Huntington Beach, Calif. CHRIS CARLSON/THE ASSOCIATED PRESS

Feeling hot, hot, hot!

Temperature rising.
A new mark for global heat has been set.

Earth is on pace to tie or even break the mark for the hottest year on record, U.S. meteorologists say.

That's because global heat records have kept falling in 2014, September being the latest example.

The National Oceanic and Atmospheric Administration announced Monday that last month the globe averaged 15.7 degrees Celsius. That was the hottest September in 135 years of record-keeping.

It was the fourth monthly record set this year, along with May, June and August.

NASA, which measures temperatures slightly differently, had already determined that September was record-warm.

The first nine months of 2014 have a global average temperature of 14.7 C, tying with 1998 for the warmest first nine months on record, according to NOAA's National Climatic Data Center.

"It's pretty likely that 2014 will break the record for hottest year," said NOAA climate scientist Jessica Blunden.

The reason involves El Nino, a warming of the tropical Pacific Ocean that affects weather worldwide. In 1998, the year started off super hot because of an El Nino. But then El Nino disappeared and temperatures moderated slightly toward the end of the year. THE ASSOCIATED PRESS

Hawaii

No injuries after family faces shark

A surfer holding his eight-year-old son says he punched and smacked a shark with his board to stop an attack off Maui.

Kaleo Roberson said he was surfing Saturday with 20 others — including his three sons when a 12- to 14-foot tiger shark appeared. Roberson didn't see the shark until it was a few feet away. No one was injured.

THE ASSOCIATED PRESS

Yukon

Bear kills woman

Yukon's coroner's service says a grizzly bear that fatally attacked a woman had climbed inside her home before chasing her outside and mauling her.

Claudia Huber, 42, died of her injuries on Saturday following the attack near Johnson's Crossing, located about 136 kilometres southeast of Whitehorse.

THE ASSOCIATED PRESS

Edible marijuana. Products too attractive to kids, health officials say

Colorado health officials want to ban many edible forms of marijuana, including brownies, cookies and most candies, limiting legal sales of pot-infused food to lozenges and some liquids.

The Colorado Department of Public Health and Environment told marijuana regulators that many forms of edible marijuana "are naturally attractive to children" and violate the law's "requirement to prevent the marketing of marijuana products to children."

The recommendation was obtained by The Associated Press in advance of a third and possibly final workgroup meeting Monday to draw up rules for identifiable markers or colours for edible marijuana products so they won't be confused with regular foods.

The health department's recommendation, sent to the regulators Oct. 14, would effectively take most forms of edible marijuana off store shelves. The final decision will be made by the Department of Revenue's Marijuana Enforcement Division, which oversees retail marijuana sales.

Lawmakers have ordered state pot regulators to require pot-infused food and drink to have a distinct look when they are out of the packaging. The order came after concerns about the proliferation of pot-infused treats that many worry could be accidentally eaten by children.

THE ASSOCIATED PRESS

Quoted

"Labelling and packaging are the best and only way to deal with accidental ingestion."

Joe Hodas, chief marketing officer of Dixie Elixir Mints, which makes marijuana-infused soda

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Ongoing beef. WTO rules U.S. meat-labelling laws have hurt Canada, Mexico

Canada has won a battle in an ongoing trade dispute with the United States, over meat-labelling laws that have hurt the beef and pork industries.

The World Trade Organization released a ruling Monday that said U.S. country-of-origin labelling (COOL) rules discriminate against exports from Canada and Mexico.

The rules, which went into effect in 2008 and were updated last year, are blamed by the Canadian meat industry for reducing exports to the U.S. by half.

The WTO compliance panel said COOL breaks trade rules because it treats Canadian and Mexican livestock less favourably than U.S. livestock.

The panel said changes the U.S. made to the rules last year made the policy even more detrimental to livestock exporters.

"The compliance panel concluded that the amended COOL measure increases the original COOL measure's detrimental impact on the competitive opportunities of imported livestock in the U.S. market," the panel said. "It necessitates increased segregation of meat and livestock in the U.S. market, entails a higher record-keeping burden and increases the original COOL measure's incentive to choose domestic over imported livestock."

The federal government hailed the ruling Monday and called on the United States to comply with the WTO decision.

"Today's WTO compliance panel's report reaffirms Canada's long-standing view that the revised U.S. COOL measure is blatantly protectionist and fails to comply with the WTO's original ruling against it," Agriculture Minister Gerry Ritz said in a statement.

THE CANADIAN PRESS

Origin story

2008

U.S. country-of-origin labelling (COOL) rules went into effect in 2008 and were updated last year.

Market Minute

DOLLAR
88.62¢ (-0.06¢)

TSX
14,337.77 (+110.09)

OIL
$82.71 US (-$0.15)

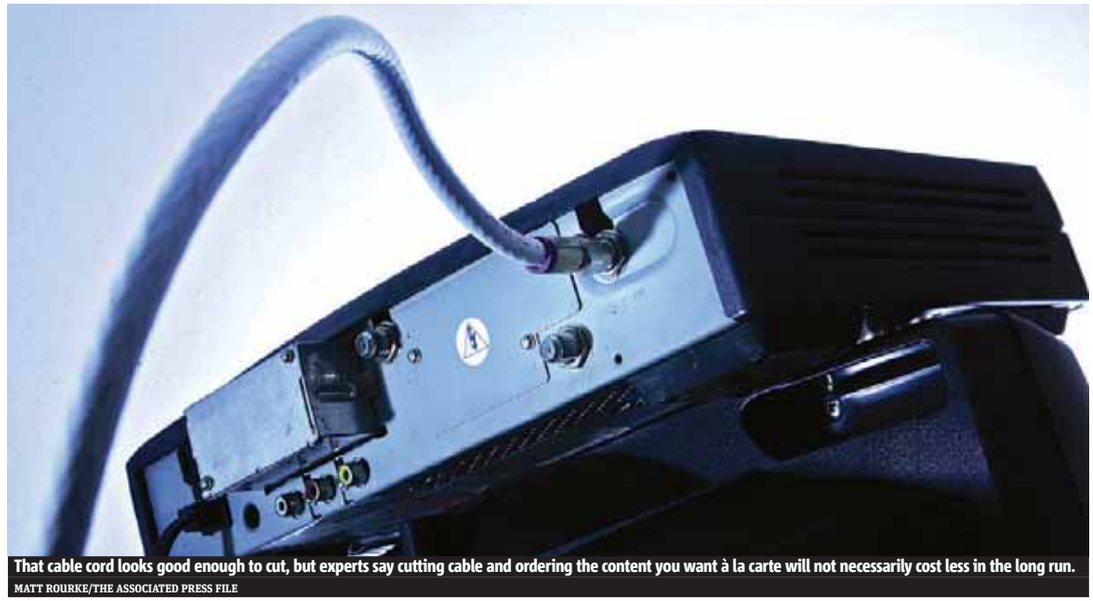
GOLD
$1,244.70 US (+$5.70)

Natural gas: $3.67 US (-$0.05)
Dow Jones: 16,399.67 (+19.26)

Dark clouds on horizon

Canada keeps AAA credit rating ... for now

Canada is maintaining its triple-A credit rating thanks to a steady economic outlook, but the country also faces potential risks amid mounting household debt and climbing house prices, the U.S. credit rating agency Moody's Investor Service said in a report Monday. THE CANADIAN PRESS



That cable cord looks good enough to cut, but experts say cutting cable and ordering the content you want à la carte will not necessarily cost less in the long run.
MATT ROURKE/THE ASSOCIATED PRESS FILE

Cord-cutters will still pay the piper

To cut or not to cut?
That is the question many customers are asking these days, but experts warn going à la carte may not be cheaper

Cord-cutters rejoiced last week after HBO and CBS announced plans to sell stand-alone streaming services in the U.S., a move that cable and satellite television providers have resisted for years. Customers tired of paying big fees for hundreds of channels they never watch just to have access to a few favourite shows might be expected to start cancelling cable service in droves. Get Netflix, throw in HBO, add a network here and there — why would anyone sign up now for cable?

Changing the channel

"The cable business is evolving from mainly selling you a pay TV package to mainly selling you a broadband Internet service."

FBR Research analyst Barton Crockett explains U.S. content and cable companies are going from being worried about content being available on the Internet to being excited about it, as it's a way to get customers to buy their Internet and pay for faster speeds.

Well, don't sound the death knell for cable companies yet.

Some would-be customers may balk when they see just how much it actually costs to pay à la carte. Stations that offer services à la carte will have to pay for marketing that the cable and satellite companies usually cover. Fewer eyeballs on live TV could mean less advertising revenue, since online ads are generally cheaper, and that will boost the network's cost of running the channel.

And smooth streaming costs money: To avoid so-called "throttling" during peak evening viewing times, Netflix buckled to broadband distributors like Comcast and Verizon and paid up so that its streaming service would run at a higher bandwidth and work more smoothly. Those added costs might be passed on to customers. THE ASSOCIATED PRESS

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STOP BITCHING ABOUT SKINNY BITCHES

SHE SAYS

Jessica Napier
metronews.ca

In case you've missed it, the booty seems to be having a bit of a cultural moment.

In her insufferably catchy song All About That Bass, singer Meghan Trainor croons about how she's got all the right junk in all the right places. Similarly, rapper Nicki Minaj's Anaconda and Jennifer Lopez's Booty are odes to women with large behinds (and the graphic and ridiculous videos are a whole other story).

The amount of radio airtime dedicated to these tracks is enough to make anyone's ears bleed, but there are also some deeper issues here. First of all, the lyrics focus on looking a certain way in order to earn the attentions of the opposite sex. This is nothing new, of course, but the fact that both Trainor and Minaj use the phrase "skinny bitches" to berate women with small physiques is not something heard very often on Top 40 playlists — until recently.

At first listen, these pop anthems might seem empowering, but the lyrics are written in such a way that celebrates those with certain physical characteristics while excluding and name-calling those who are different. And while it's probably going to take a lot more than a couple of pop songs to overhaul North America's reigning beauty esthetic, we shouldn't be championing a particular physique at the expense of another.

And yet there's an increasing amount of disdain in our modern-day beauty rhetoric for those who are skinny. Former model Katie Willcox founded her body-positive website Healthy is the New Skinny, in response to her own issues with the modelling industry and the pressure she felt to lose or gain weight in order to look a certain way. Willcox was told her natural Size 8 frame was too large for regular modelling but too small for the plus-sized world.

"Healthy is the New Skinny is a movement to support women all over the world to love themselves and each other," explains the site's manifesto. And while there are good intentions behind that mission statement and the philosophy certainly resonates with others (the site has almost 120,000 fans on Facebook), the brand name is a bit of a concern. I have to wonder... if the message here is about acceptance and self love, then why employ this "new skinny" cliché that undermines women with that body-type? Being healthy and skinny are not mutually exclusive concepts, and yet the name suggests just that.

Women don't need a "new skinny"; what we do need is to stop endorsing one body type over another and focus on our own individual happiness and physical well-being. Body types shouldn't be fetishized and health should be the ultimate goal, whether you're petite or plus-sized, muscular or minuscule.

Metro Bitstrips caption contest

metro AR

Today's winner: Kim Barsby

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MetroTube

metro AR

Sweets: Probably cooler than your dog

REBECCA WILLIAMS
rebecca.williams@metronews.ca

It may be the goggles, or maybe the fact that this bulldog is named Sweets. Actually, it's just everything. Can your dog play dead? Good for it. Taught your dog to open the fridge? That's impressive. But is your dog so awesome it can pass off the coolest sign of solidarity that is the "biker wave"? Christine Sutton/YouTube

SCREENGRAB

Comments

RE: Intimate memoir aims to build trust: Trudeau, published online Oct. 20, 2014

Don't people usually write memoirs after they've actually done something in life? I think I'll wait for the movie.
BlindHorse, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
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metro AR

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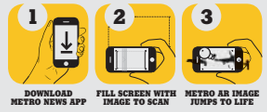

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DVD review

Snowpiercer

Director. Joon-ho Bong

Stars. Chris Evans, Tilda Swinton

●●●●○

You couldn't ask for a better metaphor for hell on Earth than what Bong Joon-ho has wrought with Snowpiercer: constant forward momentum while getting absolutely nowhere, suffering all the while. That's the track and plight for the title train and its mostly miserable passengers: the poor multitudes in the back and the rich few in the front. All are condemned to circle the planet non-stop or risk freezing from a new Ice Age caused by mankind's own stupidity. The audacious Korean genre director behind The Host and Mother makes his grandest statement yet with this art house blockbuster, rich in visual and thematic imagery. It's a sci-fi thriller best described, without diluting the director's own brilliance, as a combination of the home-restoring quest of The Wizard of Oz, the dystopian class struggles of George Orwell novels and the grotesque characters of French fantasists Jean-Pierre Jeunet and Marc Caro. A star-studded international cast, topped by Chris Evans, Tilda Swinton, Ed Harris and Octavia Spencer helps make Snowpiercer a feast for the eye as well as the mind. You never know when someone famous will pop up. **PETER HOWELL**

Saldana's success has her singing sweet tunes

The Book of Life. Latest roles have actress priming her pipes and pondering a career change

NED EHRBAR
Metro World News in Hollywood

Zoe Saldana could get used to this singing thing. She's been belting out tunes in films so often recently, The Book of Life star could even see herself launching another career.

In The Book of Life, Saldana gives voice to Maria, the feisty girl at the centre of a folklore love triangle between her two childhood pals: bull-fighter and guitar enthusiast Manolo (voiced by Diego Luna), and barrel-chested military hero Joaquin (voice by Channing Tatum).

Which suitor she chooses will determine the management structure of the underworld as squabbling gods La Muerte (Kate del Castillo) and Xibalba (Ron Perlman) vie for control of the Land of the Remembered.

Got all that? Oh, and the narrative is punctuated with mariachi-tinged versions of songs by Radiohead, Mumford and Sons and Biz Markie. Hence the singing.

For Saldana, coming off her long-anticipated Nina Simone biopic and this summer's Guardians of the Galaxy, breaking into song didn't feel so strange.

"I sang when I shot Nina, and I worked vigorously with an amazing voice coach. So by the time I started doing the sessions for Guardians of the Galaxy and we got to sing, it had been about a year so I just sort of remembered all those things."

What she remembered was telling herself it was OK to add another skill to her resumé, despite whatever reservations she might have had initially.

"It's amazing what you discover you're able to do once you really put your body and soul into a skill and you try nothing but to master it," she says. "You discover a lot about yourself, that you can actually do something if you put your mind to it. I realized that I'm not as bad or as tone deaf as I thought I was."

The film is also a celebration of Mexican culture, envisioned by director Jorge Gutierrez and shepherded by producer Guillermo del Toro.

"I have to say that Guillermo was an amazing godfather for this project. He believed and he fought for Jorge to have his vision," Saldana says.

"You are dealing with the beauty of a culture that, even though we've been neighbours since the beginning of time — since the beginning of America — there is so little that we know. The Mexican culture is so beautiful."

As for what is ostensibly a kids' film focused on coping with death and the idea of the afterlife? Saldana doesn't think it's such a crazy idea.

"It's an educational tool. It will give parents the ability to have that tough conversation with their kids," she insists.

metro AR Zoe Saldana voices the feisty Maria, who finds herself in the centre of a love triangle in The Book of Life. Scan this photo with your Metro News App to hear what producer Guillermo del Toro has to say about making this film. CONTRIBUTED

Where the ladies at? Marvel producer wants more women involved in films

If Victoria Alonso were in charge of Marvel's announcement schedule, the studio would be talking about a female superhero film "today."

Speaking at the Visual Effects Society Production Summit on Oct. 18, executive producer Alonso was able to offer insight into working behind the scenes on Marvel's latest crop of blockbusters.

Her appearance came at the end of a week in which Warner Bros had been able to set out 10 years' worth of film based on its DC Comics characters, including a Wonder Woman feature set for 2017.

Speculation already surrounds the possibility of a feature film with Avengers character Black Widow, played by Scarlett Johansson.

Though the actress gave birth to a daughter in September, it's felt that her recent role in the French-made film Lucy shows she can lead an action film to box-office success.

Elizabeth Olsen joins the Avengers franchise in May 2015's Age of Ultron as new character Scarlet Witch, while Cobie Smulders returns, having played SHIELD operative Maria Hill in The Avengers, Captain America: The Winter Soldier, and TV spinoff Agents of SHIELD.

Alonso also advocated for the continued recruitment of female voices for prominent behind-the-scenes roles.

"I have been with you handsome, talented, creative men in dark rooms for two decades and I can tell you those rooms are better when there are a few of us in them." **AFP**

There is speculation Scarlett Johansson could front the first female-lead Marvel film with a Black Widow movie. AFP FILE PHOTO

Shocker not that shocking

More than a decade ago, Madonna shocked MTV viewers by locking lips with Britney Spears during the 2003 Video Music Awards, which might not seem like news, except Spears' manager, Larry Rudolph, feels like reminiscing.

And you might be surprised to learn — or not — that the lip-lock was completely planned. Rehearsed, even.

"Madonna had been very, very, very rigid about the rehearsals. She was telling Britney and I every day, 'Be here tomorrow at 10 o'clock,'" Rudolph now tells Billboard.

Avatar Secrets

Episode 6: Identity

In real life, Ramona heads to California, for Blizzcon, the gaming convention, and interviews players who have formed profound connections in the online world. "It's conceivable that a person might actually be more close to the person they're portraying in the virtual world than they are in the physical world," says John Seely Brown, author of The Gamer's Disposition. Scan this photo for a video of Seely Brown talking about what is "real."

COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Visit metronews.ca/avatarsecrets over the next few days as we post daily chapters from Avatar Secrets.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ariana seeks Miley's advice on celebrity life — yes, really

NED EHRBAR
Metro in Hollywood

It's tough being a Disney Channel alum turned international pop star, mostly because there are so few people who really get what you're going through.

Case in point: When Ariana Grande found herself feeling overwhelmed by nasty reports that she'd been caught swearing at her fans and that her life coach had up and quit on her, she had nowhere else to turn but Miley Cyrus.

"I was upset and I contacted Miley. I said, 'Miley, I'm so sad — what do I do? This isn't true. My heart is broken, I feel so bad,'" Grande tells the Daily Mirror.

"She was like, 'Girl, don't even look at it. Just be happy that you're blessed. You have family and friends that love you, you have fans that love you, who know what's true and what's not. It will blow over and, tomorrow, they'll be talking about something else.'"

I'm going to go ahead and assume Cyrus delivered this advice while lying spread-eagle on the hood of a car, tongue sticking out, but still, it looks like Grande has already found a new life coach.

'No gay love scenes,' Rhimes tells tweeter, 'just scenes with people'

Shonda Rhimes

Here's a tip: Don't go on Twitter to complain to Shonda Rhimes about gay love scenes on the shows she produces, because she will respond. And she has a lot more followers.

A viewer named Dina Abdel Hakiem (925 followers) is getting more attention than she expected after tweeting to Rhimes (737,000 followers) that "the gay scenes on Scandal and How to Get Away with Murder are too much. There is no point and they add nothing to the plot."

Rhimes responded with a pair of tweets, starting with the simple, "There are no gay scenes. There are scenes with people in them."

She later added, "If you use the phrase 'gay scenes,' you are not only late to the party but also not invited to the party. Bye Felicia."

Alba's terrible at math, but great at making money

Jessica Alba

Jessica Alba should consider not worrying about acting.

Alba's eco-friendly lifestyle brand, The Honest Co., is gearing up to go public with a valuation just under $1 billion US, according to the Hollywood Reporter.

The firm was launched in 2012, employs more than 200 people in its trendy Santa Monica office, and is estimated to bring in more than $150 million in revenue this year. Not too shabby.

"I knew my strengths and weaknesses," Alba says. "I'm very creative, I'm a dreamer. I'm practical, but I think big. I'm not a businessperson. I'm terrible at math."

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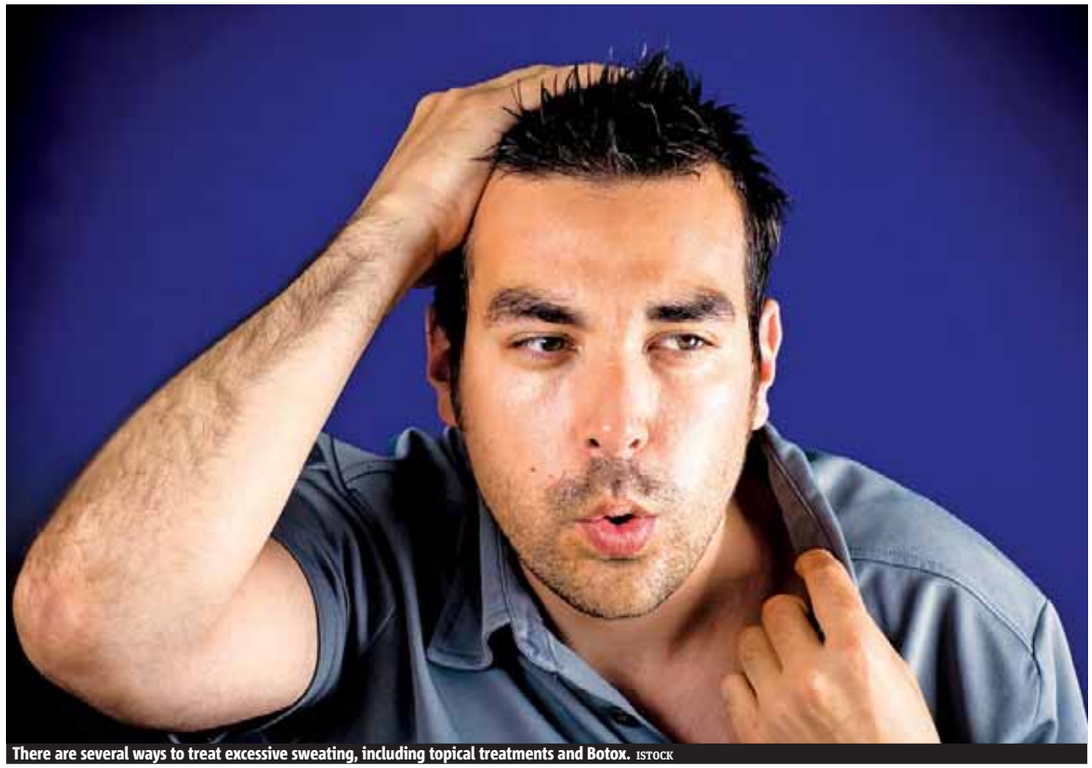
There's no need to 'sweat it out'

Hyperhidrosis. There are ways to reduce excessive sweating and its embarrassing effects

IZABELA SZYDLO
life@metronews.ca



There are several ways to treat excessive sweating, including topical treatments and Botox. ISTOCK

There's the type of sweat that occurs when you finish an intense workout, after a few bites of your favourite spicy dish or during a 40-degree heat wave.

Then there's the type of sweat that happens even when you're simply sitting at your desk, eating a sandwich or when temperatures dip and everyone else is pulling out extra warm socks.

Medically known as hyperhidrosis, excessive sweating affects almost half a million Canadians, according to a Leger survey.

"If you have to worry about it, wear certain clothes, prepare for it, not do things because of it, then you're sweating too much," says Dr. Nowell Solish, the founder of Sweat Clinics of Canada, the first facility of its kind to specialize in treating excessive sweating.

Hyperhidrosis can occur anywhere, but most commonly affects the hands, feet, underarms, face, chest or back. Medical solutions depend on how bad the problem is and where it is occurring.

Solish says for the underarms he first recommends topical treatments such as antiperspirants and stronger aluminum chloride solutions, which are non-prescription but must be obtained from a pharmacist.

There are also a host of other options.

"If you're treating the underarm, Botox works extremely well with dramatic improvements in 95 per cent or more of patients. It lasts six to nine months," Salish says.

"Oral medications are better if you generally sweat, but the side effect is they will dry you everywhere, including your mouth and eyes."

For sweating of the hands and feet, Solish says a popular option is the use of an iontophresis machine. It passes mild electrical currents down cables to treatment electrodes that are in trays of water. Placing hands and/or feet into the trays completes the circuit and allows currents to flow into the skin where they slow secretion at the gland.

Solish says the most extreme solution is a surgery during which nerves in the spine that lead to sweat glands are cut. However, one side effect of the surgery is a patient may eventually start sweating in other places.

While Solish speaks freely about excessive sweating, another Leger survey found that more than half of Canadians say it is important to hide their sweating and nearly one in three are self-conscious about it.

"It's not the type of thing that comes up in conversation," says Solish. "I think people know they're excessively sweating. I don't think they know it is a disease that can be improved."

Ceri Marsh, an etiquette expert and co-author of The Fabulous Girl's Guide to Grace Under Pressure and The Fabulous Girl's Guide to Decorum, says she isn't surprised by the study's findings.

"Whether fair or not, we read into sweat all sorts of things like lack of hygiene or nervousness," she says. "If it is that bad, it is worth looking into whether you have hyperhidrosis. In the meantime, there are other things you can do."

Marsh says practicing "sweatiquette" is being aware of how you're managing sweat. She says planning is the key to preventing embarrassing moments.

"If you're at school or work, you want to keep a clean undershirt or top with you that you can change into," she says. "Secondly, natural fibres will be a lot better for you than synthetics because they breathe and won't leave you feeling clammy. Dressing in layers also helps.

"Finally, you want to give yourself more personal space to respect social boundaries at events."

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What is Biofilm?

AN OUNCE OF PREVENTION

It's cold and flu season and time to arm yourself with some prevention strategies.

The cold includes the sniffles and generally infects your nose and throat, says Glenda Hubley, a registered nurse in Sault Ste. Marie, Ont. The flu, on the other hand, can affect your respiratory track and cause complicated breathing issues. It often causes aches and pains everywhere, too.

How can you protect yourself from catching one or the other?

• Good handwashing habits is the golden standard for both cold and flu protection. Wash your hands frequently to wash away germs. Wash with soap and water, using the lather to wash the front and back of hands and in between fingers and under nails for at least 15 seconds. Then rinse under warm running water and dry with a clean towel. Use alcohol-based hand cleaners if soap and water are not available.

• Be sure to teach everyone in the family to wash their hands properly. Don't use a common hand towel when someone is sick. Launder towels in the house everyday when someone is sick.

• Germs spread when people with a cold or flu cough, sneeze or talk. If you have to cough, cough into your sleeve or a tissue.

SHUTTERSTOCK

"What you don't want to do is cough onto your plate of food or your fork," Hubley says.

• Be conscious of what you are doing with your hands during cold and flu season. "Do not touch your mouth, then touch your face and touch the food you eat," Hubley says.

• The Centers for Disease Control and Prevention recommends keeping your immune system strong by eating healthy foods, getting regular activity, and getting adequate sleep. A person is constantly exposed to germs in public and it's how their immune system deals with the germs that determines whether or not they will get sick.

• Clean and disinfect surfaces or objects that a lot of people touch in the house such as doorknobs, light switches, TV remotes, telephones, and keyboards.

• Don't smoke. WebMD reports that heavy smokers get more severe colds and more frequent ones.

• Take some time to relax. Relaxation is thought to help rev up your immune system.

– *Ylva Van Buuren*

FLU SHOT HELPS

Health organizations including Health Canada and the U.S. Centers for Disease Control and Prevention say the best way to prevent the flu is to get the flu vaccine each season.

According to Health Canada, the flu vaccine will help protect you if you are exposed to the virus, help stop you from getting very sick, and help prevent you from passing the virus on to others.

For information, talk to your healthcare provider, pharmacist or local health unit.

The Public Health Agency of Canada (phac-aspc.gc.ca) provides more information about the flu shot.

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SHUTTERSTOCK

Keep your immune system strong

Along with cooler temperatures, fall also ushers in cold and flu season; tens of thousands of Canadians will soon be coughing, sneezing and feeling under the weather.

"The key to staying healthy during this time of year is to focus on prevention," says Sherry Torkos, a pharmacist and author of The Canadian Encyclopedia of Natural Medicine. Torkos also offers tips on her website, sherrytorkos.com.

There are many effective prevention strategies.

"Most important of all is maintaining a strong immune system," Torkos says. "That way, your body will fight off an infection before it gets out of control and makes you sick."

Perhaps the most popular immune booster is echinacea purpurea. In 2012, scientists at the Cardiff University School of Biosciences completed the largest clinical study on echinacea purpurea in history, using A. Vogel's Echinaforce®, a proprietary extract obtained from fresh organic, GMO-free plants. The study found that this particular preparation of echinacea effectively enhances the immune system and reduces the incidence and duration of cold symptoms.

Based in part on this finding, Health Canada approved Echinaforce® for both prevention and treatment of cold and flu, and deemed it safe to take regularly up to four months, making it a great and natural way to stay healthy this winter.

Distributed in Canada for more than 50 years, A. Vogel products are sold in 30 countries worldwide.

SHUTTERSTOCK PHOTOS

Think about others during cold/flu season

Stay home if you are sick

It's Monday morning and you have woken up with a sore throat, runny nose, and an achy feeling throughout your body.

What should you do?

Stay home, says Glenda Hubley, a registered nurse in Sault Ste. Marie, Ont.

Cold and flu germs spread easily, and it's important to avoid sharing germs when you are sick.

Stay home from work or school and any errands if they put you in close proximity of others. You definitely shouldn't ride public transit.

If you have cold or flu symptoms, stay away from populated areas so you don't share your symptoms with others, Hubley says.

"You should be thinking about not just yourself but other people, too."

At the same time, a sick employee is typically not a productive one.

At home, cover your mouth and nose with a tissue when coughing or sneezing. Be sure to wipe surfaces such as the phone and keyboard. Remember, you can re-infect yourself with germs.

Take care of yourself by drinking plenty of fluids and getting plenty of rest.

Healthycanadians.gc.ca recommends that you stay home if you do get sick until your symptoms are gone. If you are at all concerned about your symptons, contact your doctor.

Symptoms provide the best clues as to whether or not a person is contagious or not well enough to work. If you are sniffling but have no other symptoms, it may be you are experiencing an allergic reaction. In that case, you should go to work.

– Ylva Van Buuren

SYMPTOMS

While a cold tends to be inside your head, the flu causes symptoms all over your body, including:

- Fever or feeling feverish
- Cough
- Sore throat
- Muscle aches and fatigue
- Loss of appetite
- Runny or stuffed nose
- Chest discomfort
- Headache

Health Canada says some people may also have stomach upset and pain, vomiting and diarrhea. Not everyone with the flu will have a fever.

Flu season typically runs from November to March.

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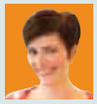


NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The foodie wind, she is a blowin', and it is now all about access to hyper-seasonal.

The hyper-local trend has staying power as farmers markets continue to grow, and there is nothing like fresh fruits sold to you from the gnarly, hard-working hands of the people who planted, nurtured and picked them. What could possibly make you feel more connected to Mother Nature?

Layer that same feeling, now, into a modern world where exquisite foods can be flown across the country for all to enjoy, but with the caveat that the season is perishable.

This is a very different concept than the year-round access to pithy tomatoes or tasteless strawberries! The hyper-seasonal trend is about here today, gone tomorrow but with an all-access pass.

One such food, which is also the new kid on the block, is the amazingly crisp and tangy sweet apple called SweeTango.

It is unlike any other apple you have tasted so far and well worth finding while the gettin' is good.

As Franco DiLiberatore, vice president of sales and marketing at Scotian Gold Cooperative in Nova Scotia shares, "We're really excited about the SweeTango hyper-season this year because, as a relatively new variety, this is the first time Canadians across the country will be able to find them."

Find these fruits of Eve and pair them with a perishable stout craft beer and some fresh cheese for your next party. Rounding up items from all over the world that are unique and slightly hard to find creates a "must attend" feeling. Your parties will be the ones on the block that everyone can't wait for...just like the apple season.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Baked Apple Chicken.

This recipe will make a more fancy appetizer at your next party or a quick weeknight meal

THERESA ALBERT
myfriendinfood.com

There is something about the zing of an apple paired with the zest of goat cheese, and heft of thyme and rosemary that will make this simple, one-dish bake a go-to weeknight recipe.

If you have time, roll the breasts and pin them to cut into pinwheels for lovely appetizers.

If not, slap them into the dish and in the oven in no time. The taste is the same, just the presentation is different.

metro AR This SweeTango Baked Apple Chicken recipe makes four servings. Use your Metro app to scan this photo for a video of Theresa Albert talking about planning a party using hyper-seasonal foods. THERESA ALBERT

Ingredients

- 2 SweeTango Apples
- 1/2 fresh lemon
- 3/4 cup plain Greek yogurt
- 3 oz goat cheese (chevre)
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp white pepper
- 1 clove garlic, minced
- 4 boneless skinless chicken breast halves
- 1 tsp extra virgin olive oil

1. Grate 1 SweeTango apple into a large bowl. Slice the remaining apple into thin wedges, drizzle with lemon and set aside.

2. Add yogurt, goat cheese, thyme, rosemary, pepper and garlic to grated apple, mix well.

3. Lay the chicken breasts onto the counter on a piece of plastic wrap, cover with a second sheet of plastic wrap. Pound with your fists or gently with a meat mallet to thin to a half-inch.

4. Drizzle oil into a baking dish. Place thin layer of apples into dish. (Be sure dish is large enough that they are not touching.)

5. Lay chicken onto apples and spread yogurt mixture on chicken breasts and then lay apple slices on top.

6. Cover with foil and bake at 400 F for 15 minutes, remove foil and bake for 5-10 more or until chicken is cooked through.

7. Serve hot or chill in fridge and serve cold with salad greens.

FLASH FOOD

From your fridge to your table in 30 minutes or less

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY SWEETANGO

This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

Combine the best of fall tastes

Ingredients

- 4 large sweet potatoes
- 1 lb loose fennel sausage meat
- 1/4 cup chopped shallots
- 4 cloves garlic, minced
- 2 tbsp minced fresh rosemary
- 1 large apple, peeled, cored and diced
- 1 cup cheese curds, chopped
- Kosher salt and ground black pepper

Apples, sausage and sweet potatoes, all baked up together. Does it get more wonderfully autumnal?

It really is that simple. This Apple-Sausage Stuffed Sweet Potatoes dish takes all the best flavours of fall and combines them into one awesomely twice-baked package.

Add cheese and you have a fantastic dinner.

1. Heat the oven to 350 F.

2. Use fork to poke several holes into potatoes. Place directly on oven's middle rack and bake 45 minutes, or until tender throughout when pierced with a knife. Remove from the oven and cool. Leave oven on.

3. Meanwhile, in skillet over medium-high heat, sauté the sausage, shallots, garlic and rosemary until the sausage is browned and cooked through. Remove from the heat. Stir in the apple, then set aside.

4. Once potatoes have cooled enough to handle, cut each in half lengthwise. Use spoon to scoop out most of the insides, leaving about 1/4 inch of flesh. Add the scooped-out sweet potato and the cheese curds to the sausage mixture, mixing it well. Season with salt and pepper. Spoon the mixture back into the sweet potato shells.

5. Arrange the filled sweet potato halves on a rimmed baking sheet. Bake for 25 minutes, or until lightly browned on top.

THE ASSOCIATED PRESS

4 SPORTS

Broken finger

Hedman off the ice for six weeks

Tampa Bay Lightning defenceman Victor Hedman will be out of action four to six weeks with a broken finger on his right hand.

Hedman was hurt in the Lightning's 4-2 win in Vancouver on Saturday. He left the game in the second period and did not return.

The team said the broken finger will require surgery.

Hedman was off to a promising start this season with three goals and four assists in five games.

"That's a big loss, he's playing so well and he's a horse for us," Lightning captain Steven Stamkos said after Saturday's game. THE CANADIAN PRESS

Staying on

Brodie, Flames ink five-year extension deal

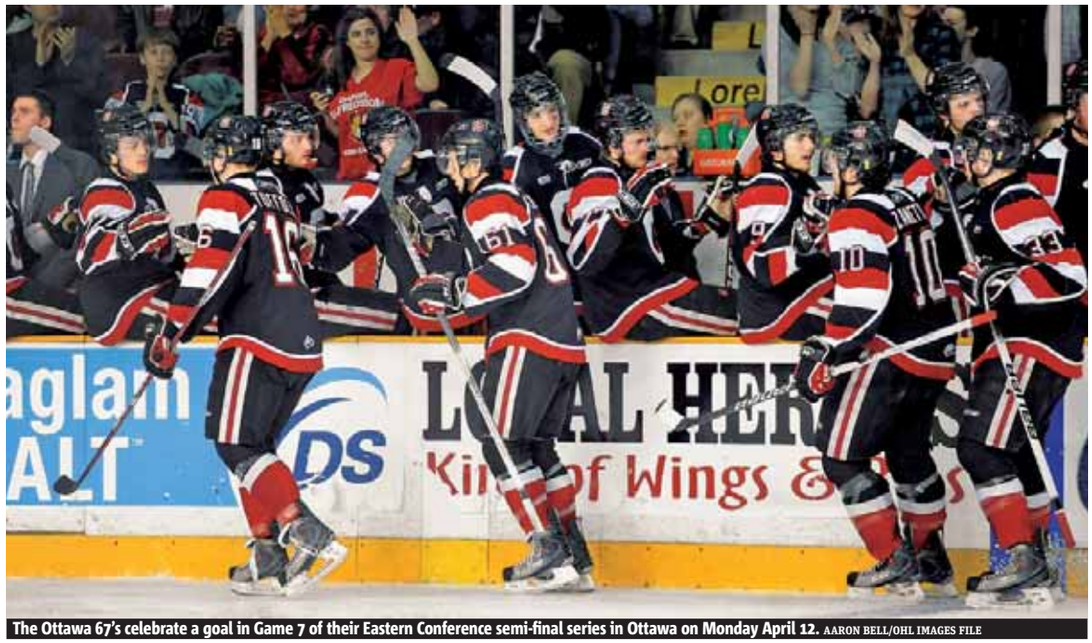
The Calgary Flames have signed defenceman T.J. Brodie to a five-year contract extension.

Brodie is in the final year of a two-year deal signed in 2013 which paid him an average annual salary of $2.1 million.

The 24-year-old from Chatham, Ont., has three goals and four assists in seven games to start this season for the Flames.

Calgary drafted Brodie in the fourth round, 114th overall, in 2008.

The six-foot-two, 183-pound blue-liner has 11 goals and 55 assists in 192 career NHL games. THE ASSOCIATED PRESS



The Ottawa 67's celebrate a goal in Game 7 of their Eastern Conference semi-final series in Ottawa on Monday April 12. AARON BELL/OHL IMAGES FILE

Players sue CHL, millions at stake

Players fees. Class action claims league pays less than minimum wage

A class-action lawsuit against the Canadian Hockey League alleges its players are underpaid and seeks millions in financial compensation.

The suit claims players have been paid less than the minimum wage and asks for $180 million in back wages, overtime and vacation pay, as well as punitive damages.

The lawsuit is the latest labour shot across major junior hockey's bow. An attempt to unionize major junior players stalled in 2012, but Canada's largest private-sector union, Unifor, expressed interest in July in representing the players in the future.

A statement of claim filed last Friday in Ontario court alleges that if players want to participate in these leagues, they must sign contracts paying them a weekly fee between $35 and $125 per week with no set hourly wage, overtime, vacation or holiday pay. The lawsuit cites OHL players, saying they devote 35 to 40 hours a week to a team and receive $50 on average.

None of the allegations have been proven in court.

The crux of the lawsuit isn't whether the players are professional or amateur.

"The big question is whether the players are employees within the meaning of minimum-wage legislation across the country versus an independent contractor," said Toronto lawyer Ted Charney, who is representing the players. "If the judge hearing the class action decides they're employees, in my opinion, there is a breach of legislation across the country."

CHL commissioner David Branch counters the players are neither employees nor independent contractors.

"They're amateur student-athletes," Branch said in an interview Monday.

Charney disagrees.

"It's hardly an amateur league," Charney said. "The league is in the business of making profits, which they do, significant profits off the services provided by the players, who get basically zilch in terms of services." THE CANADIAN PRESS

Arrest prompts NHL to suspend Voynov

Slava Voynov, left, in action for the L.A. Kings. The two-time Stanley Cup champion was arrested Monday. ALEX GALLARDO/THE ASSOCIATED PRESS

The NHL suspended Los Angeles Kings defenceman Slava Voynov indefinitely Monday after the two-time Stanley Cup winner's arrest on suspicion of domestic violence.

Voynov was booked and released at the Redondo Beach jail after his arrest early Monday morning at a Torrance hospital on suspicion of corporal injury to a spouse, Redondo Beach police Lt. Joe Hoffman said. The 24-year-old Russian defenceman posted $50,000 US bail.

"These developments are of great concern to our organization," the Kings said in a statement. "We support the NHL's decision to suspend Slava Voynov indefinitely during this process, and we will continue to take appropriate action as the legal proceedings and the investigation by the NHL take their course."

Craig Renetzky, the lawyer representing Voynov, told The Associated Press that Voynov hasn't yet been charged with a crime. His next court date is Dec. 1, Renetzky said.

"We're still investigating with the police," Renetzky said. "It's very early on in the proceedings. We're just asking everybody to be patient, because arrests don't always lead to charges and convictions."

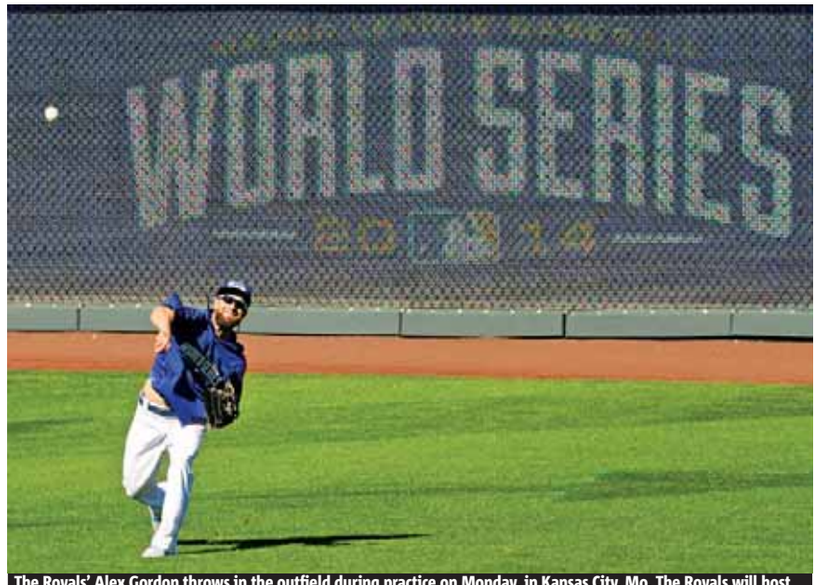
The soft-spoken Voynov, who speaks limited English, was a key contributor to the Kings' two championship teams in the past three seasons, playing an aggressive two-way game from the blue line. The Siberia native also played for Russia at the Sochi Olympics. THE ASSOCIATED PRESS

Bouchard bears beating

Canada's Eugenie Bouchard fell to Romania's Simona Halep 6-2, 6-3 in Monday's opening night of the WTA Finals in Singapore. Scan the image with your Metro News app for more coverage from Singapore. CLIVE BRUNSKILL/GETTY IMAGES

Contenders hope rest reigns over rust

World Series. Giants, Royals look to avoid same fate as past teams that struggled following long layoffs after league championship series



The Royals' Alex Gordon throws in the outfield during practice on Monday, in Kansas City, Mo. The Royals will host the Giants in Game 1 of the World Series on Tuesday night. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Alex Gordon took a big rip at a batting-practice fastball, fouled it off badly into the cage, and ducked when the carom nearly hit him in the head.

Gordon let out a huge laugh, and so did a bunch of his Kansas City Royals teammates watching Monday's workout.

"I can't believe that just happened, dude," pitcher James Shields razzed.

It'll be more frustrating than funny if those are the same awkward swings the Royals and San Francisco Giants take once the World Series begins.

Going into Game 1 on Tuesday night at Kauffman Stadium, both teams will deal with a familiar issue this deep in the post-season: Does an extended layoff translate into rest or rust?

Buster Posey and the Giants zipped through the playoffs, and now will try for their third title in five years. Lorenzo Cain and the Royals zoomed along, reaching the Series for the first time since 1985.

And then, they all got some time off. Almost an eternity, by October standards.

The Royals went 8-0 in the AL playoffs, giving them five idle days before Shields starts the opener. San Francisco went 8-2 on the NL side and had four days to relax before Madison Bumgarner pitches.

"It's definitely different because we have played so many games over the last 7-1/2, eight months. But you just understand it's one of those things," Posey said.

As recent history has shown, hitters can be very vulnerable when they get out of rhythm.

"It affects a bit with your timing, especially when trying to adjust to pitchers," Kansas City second baseman Omar Infante said. "It's hard to recover that groove you have."

Championship rarity

The only other time both World Series participants were wild cards was 2002, when the Angels beat Barry Bonds and the Giants in seven games.

The slightly favoured Giants and Royals held practices, studied video and checked out scouting reports. But as several teams that stumbled in the World Series after long breaks discovered, nothing can duplicate playing a real game.

Triple Crown winner Miguel Cabrera and Detroit got nearly a week off in 2012, then the Tigers hit a combined .159 and totalled six runs in getting swept by the Giants.

Troy Tulowitzki and the Colorado Rockies rushed into the 2007 World Series, waited a week and got outscored 29-10 in Boston's sweep.

THE ASSOCIATED PRESS

The golden arm

Passing yards record next for Manning to claim

Next up for Peyton Manning: the NFL passing yardage record.

It's one of the few glamorous passing records Manning doesn't own, now that he has broken Brett Favre's mark for touchdown throws. Manning needs about 5,000 more yards to surpass Favre (71,838) in that category, and is on track to finish his career with numbers, across the board, that might never be matched.

"Peyton loves to play this game, he loves to break records and he loves to put up points," said Broncos receiver Emmanuel Sanders, who caught the first of Manning's four touchdown passes on Sunday night.

THE ASSOCIATED PRESS

Banged-up Bills

RBs Spiller and Jackson both out with injuries

The one-two punch in the Buffalo Bills' offensive backfield just got knocked out.

Running back C.J. Spiller is out indefinitely — and could miss the rest of the season — after having surgery Monday to repair an injury to his collarbone. And co-starter Fred Jackson revealed during his weekly radio show on Buffalo's WGR that he could miss up to four weeks with a groin injury.

Both players were hurt about 10 minutes apart in the first half of a 17-16 win over Minnesota on Sunday

The injuries leave Buffalo (4-3) turning to backups Anthony Dixon and Bryce Brown to carry the load for the near future.

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Cain raising his game

.533

Lorenzo Cain made a series of spectacular defensive plays throughout the playoffs and took home MVP honours after batting .533 with five runs in the ALCS.

Past bragging rights

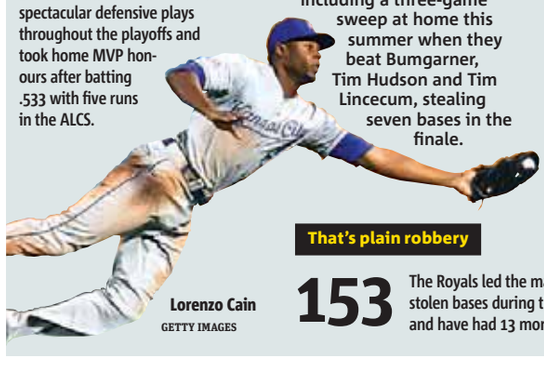
The Royals have won nine of their 12 interleague meetings with the Giants, including a three-game sweep at home this summer when they beat Bumgarner, Tim Hudson and Tim Lincecum, stealing seven bases in the finale.

Big Game Bum

Madison Bumgarner has thrown 15 scoreless innings in World Series play, winning both his starts while striking out 14 and yielding five total hits. He is also a threat at the plate, batting .258 with four homers, 15 RBIs and a .470 slugging percentage this season. The last pitcher to have more RBIs in a season was Mike Hampton with 16 in 2001 for Colorado.

Potent Panda

Pablo Sandoval has keyed San Francisco's post-season offence since 2010, reaching base safely in a team-record 23 straight games.

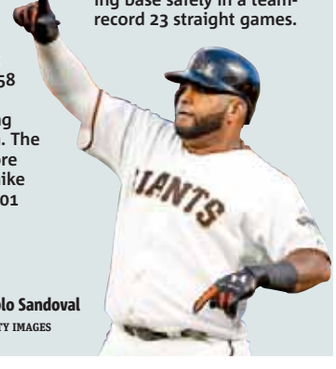


Lorenzo Cain GETTY IMAGES

That's plain robbery

153

The Royals led the majors with 153 stolen bases during the regular season and have had 13 more in the playoffs.



Pablo Sandoval GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't try to work out the best way to tackle a difficult situation, just do what feels right now. Fate will guide you in the right direction.

♉ Taurus
April 21 - May 21
The approaching eclipse marks either a turning point or a point of no return. Which it is depends on your attitude. What goes out of your life over the next few days you really no longer need.

♊ Gemini
May 22 - June 21
You cannot escape your commitments but you can make life easier for yourself by taking a more active interest in the events of everyday life.

♋ Cancer
June 22 - July 23
Pluto in your opposite sign of Capricorn is testing how strong your friendships and relationships are. What happens this week makes clear who you can trust, and love.

♌ Leo
July 24 - Aug. 23
You know what needs to be done and you know it must be done now. So get your act together and get moving — then don't stop.

♍ Virgo
Aug. 24 - Sept. 23
You are about to embark on a highly positive phase. There is every reason to feel optimistic about the future — well, your future anyway — so cheer up.

♎ Libra
Sept. 24 - Oct. 23
You can continue to deny you have a problem but that won't make it go away. The planets urge you to face what needs to be changed in your life.

♏ Scorpio
Oct. 24 - Nov. 22
You need to put minor disagreements behind you so you can see new possibilities. Everything will change over the next few days. Will it change for the better? That depends entirely on you.

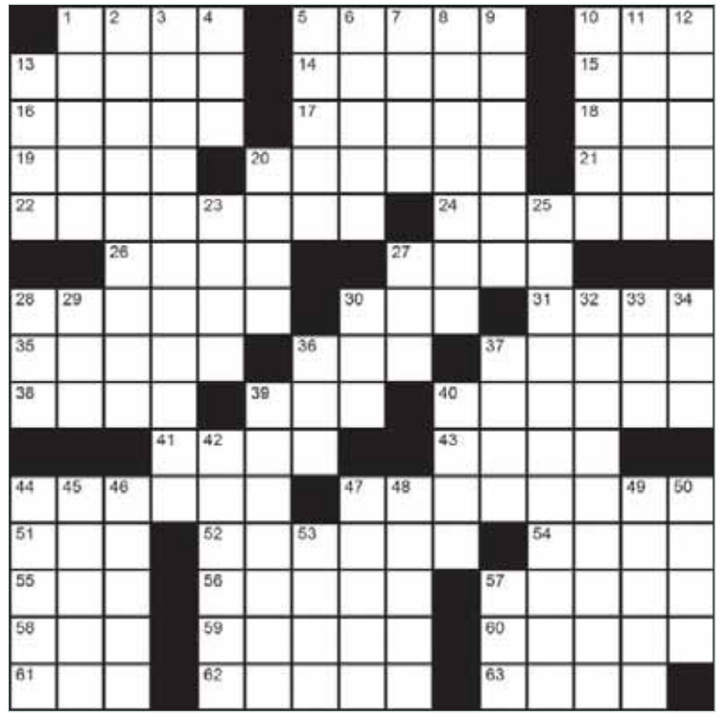
♐ Sagittarius
Nov. 23 - Dec. 21
Have allowed your mind to get stuck in a rut? The only person who can make things fresh and exciting again is you.

♑ Capricorn
Dec. 22 - Jan. 20
You have to make a decision that affects the lives of friends and family and loved ones. Think carefully before making your move — then act decisively. The universe is behind you all the way.

♒ Aquarius
Jan. 21 - Feb. 19
You don't have to start again from scratch with nothing. What you need to make your life happier is right there in front of you.

♓ Pisces
Feb. 20 - March 20
The most important thing today is that you believe in yourself 100 per cent. All things are possible, for you anyway.

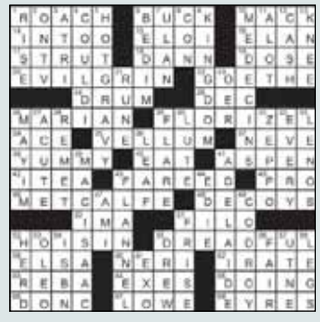
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. MLB officials
5. Wings hit: "_ __"
10. "__ Day": Hit by #24-Across
13. Don a dress for fit: 2 wds.
14. Shampooing direction
15. __ trip
16. Q. "What did you have for breakfast?" A. "_ __ of cereal."
17. __ _ Sketch
18. Toronto-born Senator Mr. Eggleton
19. Rate
20. "If this __ __ leather, I don't want it." ...said the vegan purse purchaser
21. Look
22. Bewitch
24. Canadian singer/songwriter Daniel
26. Certain cloud
27. Late comedian Richard
28. Margarine-in-a-container amount
30. Possessed
31. Recipe amt.
35. Modern English's "_ __ With You"
36. Dr. Vivienne __, retired Canadian Senator
37. Brit pop group, _ __7
38. Mackerel sort
39. "Hee __"
40. Composer George M.'s
41. Quash
43. Federal org. concerning broadcasting
44. Bob __ (Premier of the N.W.T.)
47. Comment giver
51. Everybody
52. Ms. Fanning
54. Latin hymn: "Dies __"
55. Excessively
56. Andes animal
57. New Zealand language
58. Brick foliage
59. White-plumed heron
60. __ Barkley, President Truman VP
61. Mr. Beatty
62. Guitarist's highlights
63. Secondhand

Down
1. "__ Cowboy" (1980)
2. Claire Holden Rothman book, a 2014 Governor General's Literary Awards finalist: 2 wds.
3. Celine Dion song, with The, that goes "The whispers in the morning...": 3 wds.
4. Lorne Michaels' gig
5. Street type, briefly
6. Bishop's hat
7. Without repetition
8. _-__, like Montreal's 1976 Summer Games stadium
9. SNL alum Kevin
10. Scary creature
11. Think alike
12. Adorer
13. Record
20. Global, briefly
23. Stuck in _ __
25. Salem's historic happenings: 2 wds.
27. T.O. baseballer
28. __-Tac-Toe
29. Apricot-like Japanese fruit
30. In what manner?
32. 1991 movie about a Jesuit priest in New France: 2 wds.
33. Daylight giver
34. TV network
36. Rocket launch site
37. Marsh bird
39. 2004 Viggo Mortensen horse flick
40. Shania Twain trophy, e.g.
42. Lots and lots
44. Montreal 'morning'
45. Garlic segment
46. Architect, Frank __ Wright
47. Shakespeare title guy
48. States: French
49. Dog-__
50. Harness
53. Mr. Malden
57. Egyptian __ (Cat breed)

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8				2			
2			1	4		9	5	
4		5					3	
	9	6		2				
			3		5			
				9		8	7	
	7					5		1
	5	4		7	6			3
			2				9	

Yesterday's Sudoku

3	7	8	9	1	4	2	5	6
6	4	2	5	7	8	1	9	3
5	9	1	2	6	3	8	4	7
2	3	4	8	5	7	6	1	9
1	6	9	3	4	2	5	7	8
8	5	7	6	9	1	4	3	2
9	2	3	1	8	5	7	6	4
7	1	6	4	2	9	3	8	5
4	8	5	7	3	6	9	2	1

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